

# I can eat finger foods

starting around 9 months

**When I am ready, around 9 or 10 months, I can start feeding myself! I am learning to use my thumb and fingers to pick up small things.**

*Start with very small pieces of soft foods.*

Give me lots of practice feeding myself. Let me touch and play with my food. I am messy when I eat. This is how I learn!

Offer me small servings of foods. My stomach is little. Let me decide how much to eat. I know if I am hungry.

Let me try different foods. If I don't like something at first, don't worry. Still offer me a little bit next time..

Let me eat with our family. I can sit in a high chair or a booster seat at the table.

By the time I am one year old, I will probably eat most of our family foods. Feed me breakfast, lunch and dinner, with snacks in between.

**Don't** give me foods that I can choke on such as: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, hot dogs, chunks of meat, and hard candy. Once I turn one year old, stay close by if you give me dried fruits.



# finger foods

starting around  
9 months

Here are some healthy choices for me!  
Start with one or two tablespoons of  
each food. Let me ask for more.



Papaya *chopped*



Meatballs  
*in tiny chunks*



Tangerine  
*chopped*



Green Beans  
*cooked*



Brown Rice



Zucchini  
*cooked*



Pita Bread



Mixed Vegetables  
*cooked*



Ripe Melon



Beans  
*cooked and mashed*



Apple  
*shredded*



Sweet Potato  
*cooked and peeled*



Cherry Tomatoes  
*in small bits*



Grapes  
*sliced*



Graham Crackers  
*(avoid honey types until 12 months)*



Cheese  
*diced*



Whole Grain Toast with  
Baby Food Fruit Spread



Macaroni and  
Cheese



O-shaped  
Cereal



Hard-boiled Egg  
*chopped*



Kiwi  
*chopped*



Broccoli  
*in small pieces cooked*



Soft Quesadilla  
*in small pieces*



Banana  
*chopped*



Tofu  
*chopped*



Avocado



Grilled Cheese  
*in small pieces*



Carrot  
*well-cooked and diced*

## Keep this list

on our refrigerator for quick finger food ideas  
at breakfast, lunch, dinner or snack time.



OKLAHOMA  
State Department  
of Health



Women, Infants and Children

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